

THRESHOLD TAPE #1 Page 1 Introduction to

Focus 12

(Excursion Album)

Well now that you are indeed on the threshold of the wave of change, it seems like a good idea to bring up a few points of interests, of knowns instead of beliefs or- hopes. First of all, these exercises are only tools for you to learn and use. As such, they do not create change in you. Only you can change you. With these tools you can affect many changes all under your control, what changes you make are up to you, entirely your own decision and no one else. No one else is as capable as you in making decisions that deeply effect you. because no one absolutely no one knows you better than you.

At this point you probably belief or hope that you truly are more than your physical body. The interesting question is how much more are you. whatever you believe, consider the possibility that the more is far greater than you've ever imagined or dreamed. So, you can use these exercise tools to reduce such beliefs into knowns. Use them and you're on the threshold of knowing you are more, and how much greater you are than mere physical matter. Someone can tell you and you can read about it and you can believe it, but that's not enough. The only way is to find out for yourself. Then you know. have at least a suspicion or And that's what produces the changes. Use and practice these exorcises. They ran help you do this as they have for many before you. Well that's enough, let's get started on the action.

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..... surf.....

Move? now into your preparatory process. First, your energy conversion box, use* this. Then follow with your resonant tuning. find next, your resonant energy balloon. Then start your affirmation beginning, "I'm more than my physical body." Then go on to Focus 10 and I will Join you there.

Now from Focus 10 you are going to learn to move to a different state of conscious awareness. That state is called Focus I'd. Focus 12, where your consciousness has moved far beyond the limits of your physical body. Far

beyond this; limits of physical awareness where you can perceive and understand in ways far beyond the limitations of physical matter.

To reach Focus 12, all you need do is count slowly in your mind from 10 to 12:. And when you reach the count of 12, you will be in Focus 12 where your awareness is expanded far beyond the limits of the physical body. Far beyond the limits of physical matter. I will guide you now in this movement from Focus 10 to Focus 12. Eleven.... your awareness is expanding more and more. Your awareness is expanding more and more, far beyond the limits of the physical body. More and more. More and more. Reaching outward, your consciousness and perceptions are reaching outward more and more far beyond the limits of your physical body and of physical matter.

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Twelve. You are now in Focus 12, the state of expanded awareness, of awareness far beyond the limits of your physical body. Focus 12. Relax now, relax and explore. Explore these far reaches of your awareness. Begin now. Begin your exploration of Focus 12.

Now from focus 12, you will move back to focus 10 as I count from 12 down to 10. find as I reach the count of 10, your awareness will have resumed its normal, normal condition for focus 10. Your awareness will have moved back to its normal, normal condition for focus 10 when I reach the count of 10. Twelve.... P1 even....your awareness is moving more and more back, inward, more and more into the normal, normal condition for Focus 10.

Ten. Ten. Your awareness is normal, normal for Focus 10, where your mind is bright and aware and your body, your physical body, is calmly, deeply, serenely relaxed and deeply asleep. Relax now in focus 10, the 10 state.

You will move again now to focus 12. from focus 10 as I guide you. I am going to count now from 10 to 12 and when I reach the count of 12 you will again be in Focus 12, the state of expanded awareness. Ten.... eleven.... your awareness is expanding far beyond the limitations of your physical body, in all directions, in all ways.

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Twelve. Twelve. You are now in Focus 12, the state of expanded awareness where your awareness is •» reaching out more and more, expanding out beyond the limits of your physical body. And your perception moves far beyond the limitations of physical matter. Explore more deeply now. Explore* much more deeply into Focus 12, the 12 state.

From any point from this moment on, if you desire again to be in Focus 12, all you need do to move from Focus 10 to Focus 12 is to count in your mind from 10 to 12. You will then be in Focus 12 just as you are right now. The more you perform this method of reaching focus 12 from focus 10, the easier it will become.

You will re-turn now to focus 10 from focus 1E as I count from 15 down to 10. when I reach the count of 10 your awareness will have resumed its normal condition for focus 10. It will have moved inward until it is normal for your focus 10 state. Twelve. eleven..... your awareness is resuming its normal conditions for Focus 10.....ten. Your awareness has moved inward now and you are back< in focus 10 with your mind alert and aware and your physical body deeply and calmly and comfortably asleep. Relax and feel calm and comfortable in Focus 10, the 10 state.

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Remember the affirmation, "I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, I deeply desire to expand, to experience, to know, to understand, to control, to use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also, I deeply desire the help, the cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience are equal or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires."

when you return to the conscious physical waking state, your body will be so equalized as to overcome all those things that might hinder or prevent it from being or giving its best mental, spiritual and physical self. The body physical will create within the system those properties necessary to cause the elimination to be so increased as to bring the best normal physical condition to the body. The mental will so give that impression to the system as to build the best moral, mental and physical forces for your body. The circulation will be so equalized as to remove all strain from the nerve system, as to allow the organs of the system to assimilate and secrete properly for normal conditions of your body. The nerve supplies of the whole body will assume their normal forces. The vitality will be

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stored in them through the application of the physical being as well as of the spiritual elements in the physical forces of the body. Perfectly normal and perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. Perfectly normal and perfectly balanced and perfectly equalized will be your condition when you return to the physical waking state.

You will return now to full physical waking reality, both physically and mentally. You will do this by the method you have learned by saying the number 1 in your mind. Return now to full physical waking consciousness.

Do it now.

THRESHOLD Tape 2 Page 1 Problem Solving

Well here we go again. Let's have a little fun.....surf.....

Move now into your preparatory process. First, your energy conversion box, use this. Then follow with your resonant tuning. And next, your resonant energy balloon. Then start your affirmation beginning "I am more than my physical body." Then go on to Focus 10 and I will join you there.

Move now to Focus 12 by the method you have learned. Focus 12, the state of expanded awareness, where your perception is far beyond the limitations of your physical body. Awareness of your total self. Move by the method you have learned by counting slowly from 10 to 12. Do this now.

Now in Focus 12, take; the question or problem you have brought with you. - Take it and cast it out into your total awareness and wait for the best answer or solution to come? back to you clearly and distinctly. Take the question or problem that you have brought with you and cast it out into your total awareness and wait for the best answer or solution to come back to you clearly and distinctly. Do this now.

Now repeat the process, again for clarity and verification. Send your question or problem out through your entire awareness, and wait for the best answer or solution to come back to you clearly and distinctly. Do it again.

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You will consciously remember the answer or solution you have received. You will consciously remember the best answer or solution you have received. Repeat the process once again for better clarity and verification. Send your question or problem out through the entire awareness that is you, through your entire awareness. And wait for your best answer or solution which will come back to you clearly and distinctly, and you will understand it. Do this now.

You will consciously remember and understand this best answer you have received.

fit any point in the future when you and physically wide awake and desire the best answer to a question or problem, all you need do is inhale deeply, pulling fresh energy into your physical head, and hold your breath. Think of the number 1E and then the question or problem, when you do this and exhale your breath, you will consciously know the best answer to the question or problem you have presented. The more you perform this method for quick solutions and answers of your total self, the easier and more

definite- it will become.

at any point in the future when you are physically wide awake and desire the best answer to a question or problem, all you need do is inhale deeply, pulling fresh energy into your physical head,

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and hold your breath. Think of the number 1.3: and then the question or problem. when you do this, and exhale your breath, you will consciously know the best answer to the question or problem you have presented. The more you perform this method for quick solutions and answers from your total self. The easier and more definite it will become.

Relax and feel calm and comfortable in normal Focus 12.

You will return now to Focus I® by the method you have learned. By counting slowly in your mind from 12 to 10. Begin your count from 1;? to 1(3 now.

When you return to the conscious physical waking state, your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual and physical self. The body physical will create within the system those properties necessary to cause the eliminations, to be so increased as to bring the best normal physical condition to the body. The mental will so give that impression to the system as to build the best moral, mental and physical forces for your body. The circulation will be so equalized as to remove all strain from the nerve system, as to allow the organs of the system to assimilate and secrete properly for normal conditions of your body. The nerve supplies of the

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whole body will assume their normal forces. The vitality will be stored in them through the application of the physical being as well as of the spiritual elements in the physical forces of the body. Perfectly normal and perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. You will return now to full physical waking reality, both physically and mentally. You will do this by the method you have learned by saying the number 1 in your mind. Return now to full physical waking consciousness. Do it now.

THRESHOLD Tape 3 Page 1 One-Month

Patterning

Move now into your preparatory process. First, your energy conversion box. Use this. Then follow with your resonant tuning. find next, your resonant energy balloon. Then start your affirmation beginning "I am more than my physical body." Then go on to Focus 10 and I will Join you there.

Move now to focus 12 by the method you have learned. Focus 12, the state of expanded awareness, where your perception is far beyond the limitations, of your physical body, awareness of your total self. Move by the method you have learned, by counting slowly from 10 to 12. Do this now.

Twelve. You are now in Focus 1f, the state of expanded awareness. Relax and feel calm and comfortable in Focus 1f, the 1f state. Now you will start the establishment and creation of new patterns in your total being. Remember, you will think of the pattern as completed, as an active reality of your total self, as your total self doing) and being exactly as you desire. I will guide you in this new method.

(first, create a pattern. Think of your physical body. Think of your physical body. Think of the pattern that you would like your physical body to be. Build it, make it stronger and stronger and more and more.

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Now release this pattern and let it flow out, this pattern of your physical body, your new physical body, let it flow out strongly, surely, surely and beautifully, out into all parts of your expanded awareness, into all parts and in all ways. Now the pattern is gone. It is gone from your center of consciousness. It has moved out to all areas of your expanded awareness. Relax now.

Now form another pattern, a pattern of your mental self. ft pattern of your mental self. Put it into your center of consciousness, this pattern you desire of your mental self. Build it, make it stronger and stronger, more and more. This pattern of your mental self as you desire it to be.

Now release the pattern let it flow out. Out strongly and surely Into all parts of your expanded awareness. Out in all directions and in all ways. Now the pattern is gone from the center of your consciousness. It has moved out in all areas of your expanded awareness. Relax now.

Now think of a pattern for your emotional self. Your emotional self. Think of a pattern and put the pattern together as you desire it. MQVP it deeply now into your consciousness, the pattern you desire. Build it. Make it stronger and stronger and more and more, this pattern of your emotional self as you desire it to be. More and more.

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Now release the pattern. Let it flow out now. Push it out strongly and surely, strongly and surely into all parts of your expanded awareness. In all directions and in all ways. Now the pattern is gone from the* center of your consciousness. It has moved out in all ways into your expanded awareness. Relax now.

Now form the pattern in your center of consciousness of your greater self. The pattern of your greater self as you desire it, in the center of your consciousness. Build it. Make it stronger and stronger, more and more.

Now release the pattern. Let it flow out now. Push it out strongly and surely into all parts of your expanded awareness, in all directions, in all ways. This new pattern of your greater self. Now the pattern is gone from the center of your consciousness and it has moved out. It has moved out into all areas of your expanded awareness. Relax now.

Now create the pattern in your mind, and deep in the center of your consciousness as to where you desire to be, where you desire to be. Create the pattern in your mind and put the pattern you desire deep into your consciousness. Build it. Make it stronger and stronger, more and more, and more and more. Now release this pattern of where you desire to be. Release it now. Push it far out into your expanded awareness in all directions, in all ways.

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Now the pattern is gone from your* center of consciousness. It has moved out into all area"* of your expanded awareness. So relax now.

Now create the pattern of what you desire to do. Create it in the center of your consciousness. Create the pattern of what you desire to do and push it deep into the center of your consciousness. Build it. Make it stronger and stronger, and more and more.

Now release the pattern, this pattern of what you desire to do. Let it flow out now. Push it out strongly and surely into all parts of your expanded awareness, in all directions, in all ways. Now the pattern is gone from your center of consciousness. It has moved out into all parts of your expanded awareness. So relax now.

Now create the pattern of what you desire to achieve and move it deep into the center of your consciousness, deep. Build it. Make the pattern stronger

and stronger, this desire of what you need to achieve. Make it stronger and more and more.

Now release the pattern. Let it flow out now. Push it out strongly and surely, strongly and surely into all parts of your expanded awareness, in all directions and in all ways. Now the pattern is gone from your center of consciousness. It has moved out into all areas of your expanded awareness. Relax now. Relax and realize that the total pattern is complete, that you have created for you and your

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existence. Relax and feel calm and comfortable with the knowledge that you have built new patterns.

You will return now to Focus 10 by the method you have learned, by counting slowly in your mind from 12 to 10. And when you reach the count of 10 all of your awareness will have returned to its normal, normal condition, the normal condition for Focus 10. The normal for normal Focus 18. You will be out of Focus 12 and back into Focus 10 as you reach the count of 10. Begin your count from 12 to 10 now.

when you return to the conscious physical waking state, your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual and physical self. The body physical will create within the system those properties necessary to cause the eliminations to be so increased as to bring the best normal physical condition to the body. The mental will so give that impression to the system, as to build the best moral, mental and physical forces for your body. The circulation will be so equalized as to remove all strain from the nerve system, as to allow the organs of the system to assimilate and secrete properly for normal conditions of your body. The nerve supplies of the whole body will assume their normal forces. The vitality will be stored in them through the application of the physical being as well as of the spiritual elements in the physical forces of the body. Perfectly normal and perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced and

perfectly equalized will be the condition when you return to the physical waking state.

You will return now to full physical waking reality both physically and mentally. You will do this by the method you have learned, by saying the number 1 in your mind. Return now to full physical waking consciousness. Do it now.

•THRESHOLD Tpe 4 Page 1 Color Breathing

Ocean Surf Move now to Focus 10 by the method you have learned. Use all of the method and I will see you there in Focus 10. (Resonant Tuning)

Now in Focus 10, here is a simple way to reduce emotional pressure throughout your total system whenever you consciously desire to reduce within yourself any emotional charge down to the point where it is no longer harmful or important. All you need do is close your eyes, inhale deeply with your physical lungs, hold your breathe for a moment and think of the calming cleansing energy of green. When you do this and then exhale your breathe slowly, calming cleansing green energy will slowly and surely push all excess and harmful emotional charges down through your physical body and out through the soles of your feet leaving your entire system, your entire self calm and confident strong, and serene. The more you perform this exercise the easier and more effective it will become. Here is a simple way to reduce emotional pressure throughout your total system. Whenever you consciously desire to reduce within yourself, any emotional charge down to the point where it is no longer harmful or important all you need do is close your eyes inhale deeply with your physical lungs hold your breath for a moment and think of the calming cleansing energy of green.

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When you do this and then exhale your breath slowly the calming cleansing green energy will slowly and surely push all excess and harmful emotional charges down through your physical body and out through the soles of your feet, leaving your entire system, your entire self calm and confident, strong and serene. The more you perform this exercise the easier and more effective it will become. Here is a special way you can charge your physical body for an act of great speed and great strength all with smooth coordination. From this moment on whenever your desire to perform a physical act with -far greater strength and faster speed than ever before and with total smooth coordination of your entire physical body all you need do is close your physical eyes inhale deeply with your physical lungs and hold your breath then think of the physical act to be performed and then the strong color energy of red. When you exhale the breathe from your lungs and open your eyes you will be able to immediately perform the physical act you have pictured with far greater strength much more rapidly and with smooth total coordination of the physical body far greater

than ever before. The more you consciously use this method of performing a physical act the more strongly the more rapidly with total coordination the easier and more effective it will become.

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From this moment on whenever you desire to perform a physical act with far greater strength and faster speed than ever before and with total smooth coordination of your entire physical body all you need do is close your physical eyes inhale deeply with your physical lungs and hold your breathe, then think of the physical act to be performed and then the strong color energy of red. When you exhale the breathe from your lungs and open your eyes you will be able to immediately perform the physical act that you have pictured with far greater strength much more rapidly and with smooth total coordination of the physical body far greater than ever before. The more you consciously use this method of performing a physical act the more strongly the more rapidly with total coordination the easier and more effective it will become.

At any point in your life, from this moment forward whenever you need to bring any part of your physical body into a normal healthy balanced operating condition, all you consciously need to do is close your eyes inhale deeply and hold your breathe for a moment. During that moment think of the healing cooling energy of purple look with your closed eyes at that part of your physical body that requires help send the flow of purple energy to it saying in your mind heal, balance, then exhale and open your eyes.

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When you do this that part of your physical body on which you focus will begin immediately to restore and rebalance into a normal healthy operating condition and it will do this far more rapidly and completely than ever before.

Also, any foreign substance in that part of the body which may hinder or prevent a normal function will be processed and eliminated in normal body channels. The more you consciously perform this method of restoration and rebalance the easier and more effective it will become.

At any point in your life, from this moment forward, whenever you need to bring any part of your physical body to a normal, healthy balanced operating condition all you consciously need to do is close your eyes inhale deeply and hold your breathe for a moment. During that moment think of the healing cool energy of purple look with your closed eyes to that part of your physical body that requires help and send the flow of purple energy to it saying in your mind, heal, balance, and exhale and open your eyes.

When you do this that part of your physical body on which you have focused will begin immediately to restore and rebalance into a normal, healthy operating condition and it will do this far more rapidly and completely than ever before. Also, any foreign substance in that part of the body which may hinder or prevent the normal function will be processed and eliminated through the normal body channels.

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The more you consciously perform this method of restoration and rebalance the easier and more effective it will become.

Now as you relax in Focus 10, let all of your total experience flow deeply into your entire being. You are doing this so that you will always remember and have available to your conscious self the benefits and values of such experience because these are now a part of your total self, for you to use as you so desire. From this moment on you have new vibrant strength and confidence new calmness and serenity and surety. A new energy to do and be, new physical and emotional and mental life activities far more beneficial and constructive than ever before. From this moment on you live and will continue to live more and more in this new wave of bright and joyful being. You will help others attain the realization of total self as you are doing because you now recognize this to be a part of your new knowledge and your new understanding. The flow from within to without this is the beginning of a greater pattern for you, from this moment on. With all of these we now move forward to take up your changing life activity with complete confidence, cheerfulness, joy, and new strength and energy and with surety and calm serenity.

When you return to the conscious physical awoken state your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual, and physical self.

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The body physical will create within the system those properties necessary to cause the eliminations to be so increased as to bring the best normal physical condition of the body. The mental will so give that impression to the system as to build the best moral, mental and physical forces in the body. The circulation will be so equalized as to remove strain from all centers of the nerve system as to allow the organs of the system to assimilate and secrete properly those conditions necessary for normal conditions of your body. The nerve supplies of the whole body will assume their normal forces. The vitality will be stored in them through the application of the physical being as well as of the spiritual elements in the physical forces of the body. Perfectly normal, perfectly balanced and perfectly equalized will

be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced, and perfectly equalized will be the condition when you return to the physical waking state.

You will return now to full physical waking consciousness as I count from ten down to one and when I reach the count of one all of your five physical senses will be operating clearly, calmly and beautifully. You will feel better in every way and

full of bright new energy. I am going to count now ten. . . .F nine. . . . eightseven, when I reach the count of one, ail of your five physical senses will be operating clearly, cleanly, sharply and beautifully, you will be filled with new energy all when I reach the count of one. . . . seven. . . .six five.four.threetwo one, one, wake up, your wide

THRESHOLD Tape 5 Page 1 Energy Bar Tool

Now it's time to add a very significant new tool into your wave of change..... surf.....

Move now into your preparatory process. First your energy conversion box. Use this. Then follow with your resonant tuning and next your resonant energy balloon. Then start your affirmation beginning "I'm morn than my physical body." Then go on to Focus 10 and I will join you there.

Now you are ready to construct your first energy tool. visualize a spot of light. A small white spot of light. A glowing sparkling spot of light. Now take this spot of light and stretch it out. Stretch it out. Stretch it out until it becomes a white line. Stretch it out until it becomes a white line. Make this spot of light into a short white line.

Now make the white line into a bar, a straight round bar of light. Make it into a straight round bar of sparkling white light. Look closely at this straight bar. Pick it up. Hold it. Feel the glowing energy, Feel the glowing energy. Move it around so that you can perceive it in various positions. I will wait while you do this. I will wait while you become familiar with your new tool.

Now with the bar of energy under your control, make the bar change color. Make the bar a sparkling orange. Feel and remember the bar, in a sparkling orange. Now change it back again to sparkling white, glowing white. Glowing white.

Now make the energy bar tool, your energy bar tool, a sparkling yellow, a sparkling yellow. Change it back again to sparkling white. Now change it back again to sparkling white. Now change your energy bar tool into a bright sparkling green, bright sparkling green. Move it back again to sparkling white. Make the bar again a sparkling white.

Now make your energy bar tool into a brilliant blue, a bright brilliant blue. Now change it back to the bright sparkling white again. Now change your energy bar tool, change it into a bright sparkling red, a bright sparkling red. And change it back now to bright sparkling white, back now to sparkling

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white. Reach out and hold this white bar, your energy bar tool. Hold it firmly. Hold it firmly so that you can feel deep into the energy bar, the bar that contains this energy of light.

Because this is your energy bar of light, because this is your energy bar of light that you have created, you can control it easily and surely. You will begin to do this now. You will make your energy bar tool go black and then white, on and off. We will start slowly. The energy bar is on now. Turn it off. On.....off.....on off.....on.....off. Keep making it go on and off, on and off. Keep making it go on and off. Make it go faster' and faster on and off. Faster on and faster off. Make it go faster on and off. Faster, faster, faster, faster. Faster until the light is one solid bar again, one solid bar of light. Until you can no longer perceive the periods when it is on and when its off. Keep making it go faster until it is again a solid white sparkling bar of light. Make the on and off keep repeating so fast that you can no longer perceive the times that its off. I will wait while you do this.

Now you will learn to control you new energy bar tool in another way. Make the bar pulsate. Make it grow thinner and thicker, thinner and thicker. And as you hold it feel the pulsing as you make it grow thinner and thicker, thinner and thicker, thinner and thicker. Keep making it grow thinner and then thicker, pulsing in and out. Make it go faster and faster, make it go faster, pulsing thinner and thicker, thinner and thicker. Make it go faster, faster, faster, more thin, more thick, more thin, more thick. Make it go faster and faster, faster and faster. Make it go so fast that again it is a solid glowing bar of white sparkling light. I will wait while you speed this up into thicker and thinner until it is a solid bar again.

As you hold the bar now, it feels so smooth and so even, and looks so smooth and even, and yet it is pulsating, flashing on and off, very, very, very fast. Now release the bar. Release your energy bar tool and move back away from it just a little. Move back and observe and feel the radiation from your energy bar tool as you move back. Become familiar with it because it is your creation. Become comfortable with it for it belongs to you. It is yours to control. But right now just feel and observe the strong powerful energy you have given it. I will wait while you do this.

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Now you are familiar and you feel comfortable with your new tool, the pulsing energy bar tool you have created. Now that you have created it, your energy bar tool will continue to be, to exist whenever you desire to use it. Now release the bar and let it float untouched. Release it and let it float untouched. Release it and let it flow from you. It will remain here, available, ready, whenever you desire to use it again. It will be help available whenever you desire to use it again. Relax now and become comfortable with your new tool.

when you return to the conscious, physical waking state, your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual and physical self. The body physical will create within the system those properties necessary to cause the eliminations to be so increased as to bring the best normal physical condition to the body. The mental will so give that impression to the system as to build the best moral, mental and physical forces for your body. The circulation will be so equalized as to remove all strain from the nerve system, as to allow the organs of the system to assimilate and secrete properly for normal conditions of your body. The nerve supplies of the whole body will assume their normal forces. The vitality will be stored in them through the application of the physical being as well as of the spiritual elements in the physical forces of the body. Perfectly normal, and perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state.

You will return now to full physical waking reality, both physically and mentally. You will do this by the method you have learned by saying the number 1 in your mind. Return now to full physical waking consciousness. Do it now.

THRESHOLD Tape 6 Page 1 Living Body Map

Well let's get started on another tool to increase this wave of change for you..... surf.....

Move now into your preparatory process. First, your energy conversion box, use this. Then follow with your resonant tuning. find next your resonant energy balloon. Then start your affirmation beginning "I am more than my physical body." Then go on to focus 10 and I will join you there.

Say in your mind, say to yourself, "I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, in these exercises, I deeply desire to expand, to experience, to know, to understand, to control, to use such greater energies

and energy systems as may be beneficial and constructive to me and to those who follow me. Also, during these exercises, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience are equal to or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires."

Now I will guide you in the construction of another energy tool. This one is called your Living Body Map. A tool that you will be able to directly control the vital energies in your physical body. Through this new tool, this new tool you are going to create, you

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can easily control the balance and equalization of all parts of your physical body. You can control your entire energy pattern by this means so that it is better, stronger and much more equalized and balanced. You will be able to use this new tool whenever you so desire, whenever you need to restore the balance and equalization and provide new energy to your physical body.

First, think in your mind or visualize the outline of your physical body in bright, white light. The outline, think of the outline of your head, your neck, of your shoulders, of your arms, of your hands, of your chest, of your back, of your stomach, of your abdomen. An outline of your hips, and now your legs and your feet. Create in your mind a bright light outline of your physical body.

Here we go again. Think in your mind or visualize the outline of your physical body in bright white light. The outline, think of the outline of your head, your neck, of your shoulders, of your arms, of your hands, of your chest, of your back, of your stomach, of your abdomen. An outline of your hips, and now your legs and your feet. Create in your mind a bright light outline of your physical body.

Now this white outline of your physical body, the outline in bright white energy, represents all of the factors in your physical body. All of the energy factors. Now let's create your living body map from this outline. First, change the* outline to red and let the red

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represent the circulation, the circulation of blood throughout your body. Change the map to red right now, the outline. Change the red back now to white. Make your living body map white again, living white energy.

Change your white living body map into blue, a bright blue. The blue represents the nerve systems in your physical body. The blue represents the nerve systems in your physical body. Change it to blue right now. Now change it back to the bright white again. Change it back from blue back to

bright white.

Change now change your living body map to yellow, and let the yellow represent the glandular system of your physical body. Yellow represents the organs and the glandular system of your physical body. Change it to yellow now. Now change your living body map back to the bright sparkling white, back to the bright sparkling white.

And now change your white living body map into a bright orange and let the orange represent the muscle and bone structure in your physical body. Change your white living body map to this bright orange. Change it now. Now move it back to a bright sparkling white and recognize and understand that this bright sparkling white represents a composite, the total energies in your physical body.

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Now take your bright new white living body map and place it over* your physical body and as you do notice* any parts that are dim or flickering. Notice any part"» that are dim or flickering when you place it over your physical body. Do this now.

Turn now and reach for your energy bar tool, your energy bar tool that you have created, and charge it. Make it bright, bright, bright white. Now with your energy bar close to you, turn to your living body map and wherever you see a part of your living body map that is dim or flickering, let the bright purple healing energy flow from your energy bar tool to those parts that are dark, dim or flickering. Do this now.

Now with your energy bar tool still close to you, start at the top of your living body map, at the head, and wash and bathe it with purple, bright purple energy. Let it flow from the energy bar tool into the map, to the top and let it bathe slowly from the head down to the feet washing out all impurities and giving bright new energy to all parts of your living body map. wash it with bright purple energy from your energy bar tool, washing out all impurities and letting bright new energy recharge every part of your physical body.

Now with your energy bar tool still close to you, let your living body map turn to a. bright red, the red of circulation in the physical body. Look and perceive where any parts are dark, dim or

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flickering. Now with your energy bar tool let bright purple charging energy move to those parts that are dim or flickering. Do this now.

Now change your living body map back to a bright white, back to a bright white. Now change your living body map to a blue, the blue that represents the nerve system of your physical body. Now where you notice any darkness, any dimness or any flickering, use your energy bar tool with its purple ray,

use it on any parts that are dark, dim or flickering. Do this now.

Now change your living body map back to a bright white, back to the bright white. Now change your white living body map to yellow, the yellow that represents the organ and glandular system of your physical body. Note any portion that appears to be dark, dim or flickering and where it does, use your bright purple healing energy from your energy bar tool on those particular spots. Do this now.

Now change your living body map back to bright white, back to bright white. Now change your white living body map to bright orange, to bright orange, the orange that represents the muscle and bone structures of your physical body. Now as you do this, note any portion or any part that is dark, dim or flickering. Any part that is dark, dim or flickering in the orange. And where it, is use the purple healing ray from your energy bar tool, to heal and recharge

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any portion that is dark, dim or flickering. Do this now. Now let your living body map change back to white, back to white energy, white energy. The energy that represents the total of your physical body.

Now look deep behind your living body map, deep behind it. And you will notice a second map, the map of your emotional body, finer and thinner, but there it is. Just behind your physical living body map. Observe it and wherever you see any part of this emotional body map that is dark, dim or flickering use your energy bar tool with its purple, healing, cleansing energy and brighten those parts that seem dim or flickering on your emotional body map. Do this now find clear and brighten your emotional body map. Also look for any parts of your emotional body map that might be unusually bright and use your energy bar tool and its purple, healing, cleansing and recharging energy, use this energy to equalize and balance the unusually bright parts of your emotional body map making them evenly bright, evenly strong, evenly calm, evenly serene. Do this now

Now that you have cleansed, healed and recharged both your emotional and physical living body maps, turn away from both. Turn away and place your energy bar tool where you can find it again. Release it and let it float free, float free to where you can find it again easily. Do this now.

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Now you are stronger both emotionally and physically, find because you are stronger both emotionally and physically, your mental is brighter and clearer and cleaner. Your mental is much brighter now because you have cleansed your physical body and you have equalized and balanced your emotional body. And now you can relax more and more in your physical body. find your

mind can be more and more awake and alert because your physical body has been charged and your emotional body has been equalized. Just let your mind be brighter, clearer and sharper. So relax, relax and let your awareness be brighter, stronger and clearer.

You will return now to full physical waking reality by the method you have learned, simply by saying the number 1 in your mind. Do this and return now to full physical waking consciousness. Say in your mind 1.